

Dear Rosedale Harvard Gulch Friends and Neighbors!

As the leaves turn to red and golden hues, and the days grow shorter, the end of 2011 approaches. In this time of reflection we can be grateful for our neighbors and our neighborhood. Toward the end of our second year as a neighborhood association we have created a committed network of folks who regularly share information and look out for each other as good neighbors.

In 2011, our email network has grown by 95 members, now reaching nearly 500 neighbors. These messages serve as connection points, enabling neighbors to share and receive crime reports, wildlife sightings, and brief informative articles. This network would not exist without everyone who takes the time to communicate to their neighbors. We are grateful for your involvement!

Let's all participate in making our neighborhood safe by illuminating our porch lights, reporting dark street lamps to Denver Public Works and reporting suspicious persons and any crimes (however minor) to the Denver Police.

We invite you to participate in meetings, sign up for our emails (and recruit your neighbors!), friend us on Facebook, volunteer as a block captain, or run for the board!

At the February 2012 meeting we'll hold our annual board elections – a great chance for you to step forward and become more involved! Contact either of us about board business, your ideas, and to find out what kind of fun the board is having!

Join us at our next RHGNA General meeting on November 16! We promise it will be a fun filled and informational gathering of the best neighborhood in Denver!

Best wishes to you all,
Ellen Winiarczyk Bill Bloch
Co-President, RHGNA Co-President, RHGNA

NOVEMBER 16 AGENDA

- Community Police Officers
- Hazardous Waste Disposal:
Do you have old insecticides, weed killers and other nasty things in your garage, or stains and paint in your basement? Tom Strickland from the Hazardous Materials and Waste Management Division will demystify "Haz Mat" and show us how to properly dispose these materials.

NEXT RHGNA MEETING:

Wednesday, Nov. 16

6:30 to 8:45 pm
Harvard Gulch
Recreation Center
550 E. Iliff Ave.

Our Neighborhood

RHGNA boundaries extend between South Downing, East Evans, South Broadway, and East Yale surrounding Harvard Gulch and Kunming parks in south central Denver, CO.

Membership Donations of \$15 may be mailed to **RHGNA**

P.O. Box 101512
Denver, CO 80250-1512
or visit www.rhgna.org

WHERE IN THE NEIGHBORHOOD??



Photo: Cathy Wise

Harvard Gulch Recreation Center

HOURS
9 am - 7 pm
Monday - Friday

Howdy Neighbor!

Thanks for reading the Rosedale-Harvard Gulch Neighborhood Association newsletter. We hope you enjoy it. **YOU ARE A MEMBER** - If you live, work or own property within our boundaries, you are automatically a member of the Association.

CONNECT VIA EMAIL - If you choose to receive an electronic newsletter, you'd help RHGNA save paper, printing costs and delivery time! You'll also receive timely information such as CRIME REPORTS in the area. Through email, you'll be able to keep your neighbors informed as well. Your input regarding criminal and suspicious activities allows us to work more closely with our police liaison and will ultimately make the neighborhood safer for all of us. We also publish WILDLIFE SIGHTINGS - as those of you who live near the park can attest, coyotes are sighted or

heard daily and have attacked several pets in the area. If you have pets or small children, these timely reports can be especially valuable. Please send your email address to Catherine_Wise@dpsk12.org. Make sure to include your physical address and we'll get you on the e-list.

PARTICIPATE - In February 2012 we will hold elections for new Board Members! To learn more about how you could be involved, please contact our Co-Presidents, Ellen and Bill. We are also actively recruiting Block Captains - if you are interested, please contact Kristin Salada. (See contact info at left.)

CONTRIBUTE - If you appreciate what the Association provides, please consider contributing \$15 per year. We do not deny our services to anyone, however, we do rely on these donations to cover operating costs such as creating signs and flyers to promote meetings and events, hosting the annual picnic, and maintaining the RHGNA website. You can donate online at www.rhgna.org, by mail at RHGNA, P.O. Box 101512, Denver, CO. 80250-1512, or in person at a general meeting.

So please help us save time, paper and money. Sign up to get your newsletter delivered electronically. And if you would care to donate to assist the organization, it would be a great help to all of us.

CONTACT US!

RHGNA Board Members

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Committee Chairs

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Denver Parks & Recreation Liaison 303/733-7943

Eric Freisinger, *Business Liaison*
303/995-4282

Mark LaFon, *At-Large*
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Terrie Peay, *Safety/Schools*
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Lynne Scholfield, *Membership*
303/722-4508

David Sutton, *Planning/Zoning*
303/887-9300

Jennifer Tomeny, *At-Large and INC Liaison* 303/777-7514

Cathy Wise, *Newsletter*
303/912-9101

RHGNA Address

P.O. Box 101512
Denver, CO 80250-1512
or visit www.rhgna.org

NEIGHBOR-TO-NEIGHBOR

If you are part of our dynamic RHGNA email network, you've probably noted our new feature called Neighbor-to-Neighbor, which allows anyone who lives, works or owns property within Rosedale Harvard Gulch to promote their business to the community. The cost is \$10 for a short blurb to be included in five emails distributed to our ever-growing list of residents. Contact Cathy Wise at Catherine_wise@dpsk12.org for promotion guidelines and to join the email list!



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BLOCK CAPTAINS

and backups are still needed
for the following blocks:

2100 S. Emerson
2400 S. Lincoln / E. Brdwy
2100 S. Corona / Downing
2500 S. Pennsylvania

Call Kristin at 303-927-6411



2011 Leaf Drop Information



The LeafDrop program improves neighborhoods by keeping leaves out of the streets and storm drains, reducing trash and greenhouse gas emissions due to burying leaves in a landfill, and creating compost to improve our soils. Denver Recycles offers free drop sites throughout the city. Leaves collected are naturally recycled through composting. The compost is sold at a deep discount at Denver's annual Mulch Giveaway and Compost Sale. In 2010, over 455 tons of leaves were composted through LeafDrop!

THESE SATURDAYS ONLY - November 5, 12 & 19, 11 am to 3 pm

Denver Solid Waste Transfer Station - 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South)

THESE SUNDAYS ONLY - November 6, 13 & 20, 11 am to 3 pm

Southeast: Denver Solid Waste Transfer Station, 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South)

Southeast: South High School, Louisiana Ave. & Franklin St.

Southwest: John F. Kennedy High School, Newland St. & Brown Pl.

Leaves brought in bags to Saturday & Sunday sites should be left untied if possible. Paper bags are preferred. Or, bring your leaves in reusable containers or tarps that we can empty and give back to you.

WEEKDAYS - October 3 to December 2 (except holidays), 7 am to 2:30 pm

Havana Nursery 10450 Smith Rd., just south of I-70 on Havana St.

Denver Solid Waste Transfer Station, 7301 E. Jewell Ave. (Quebec St. & Cherry Creek Dr. South)

Leaves brought to weekday sites must be bagged.



Rosedale Harvard Gulch COMMUNITY PICNIC August 2011

Photos by
Lynne Scholfield



We have joined your neighborhood!



2450 South Downing Street
1/2 block north of Porter Hospital on S Downing



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www.campuscycles.com

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The acceptance of paid advertising in this newsletter does not constitute or imply endorsement by the Rosedale Harvard Gulch Neighborhood Association (RHGNA), its Board, or members of any advertised product or service. RHGNA accepts no responsibility for any claims made in any advertisement in this newsletter.

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We Admire Your Thirst!





Multiple coyotes have made the Harvard Gulch area their home, and have been observed leaping 6-foot fences! Protect your small animals and “haze” any coyotes you see to teach them a healthy fear of humans and help them - and us - avoid conflict.

Living in the city today takes "animal smarts"

Adapted from <http://www.denvergov.org/LivingwithUrbanCoyotes/tabid/433269/Default.aspx>

Many of us no longer spend time exploring our outdoor environment and lack an understanding of animals found in the city. Here are some basic guidelines to help us develop "animal smarts."

- 1. No animal will bite without a reason.** There is a common fear that wild animals will bite just because you're there. Animals bite when they feel threatened. Think about the last time you saw a snake. You probably saw its back end fleeing you as fast as it could! Most animal bites occur as a response to human behavior.
- 2. Animals do not want to hurt people.** Defense and fighting takes energy. It would make no sense for them to waste energy on an unsolicited attack, when they need that energy to find food.
- 3. Feeding wildlife does not help them.** Inappropriate food can make animals sick and interfere with their healthy development. Bread, french fries, chips and crackers are not good for ANY type of animal. Feeding also decreases an animal's fear of people. ***Most animal bites are related to wild animals being fed by people.*** Feeding encourages animals to congregate in unnaturally high numbers and attracts a variety of unintended animals to our yards, parks and neighborhoods.
- 4. Wild animals don't want to make "friends."** Relationships between animals of different species rarely happen in the wild, and when they do there is a specific need. For example coyotes will occasionally team up with badgers to hunt rabbits. Treating a wild animal like a pet is unnatural and confusing to the animal. Confused wildlife can feel threatened, which can lead to aggression.

5. All animals have a job to do in an ecosystem.

When we remove animals from an area in which they are naturally found, it often causes a break down in the balance of that ecosystem. We often see increases in rodent populations when foxes are removed.

6. The city IS the natural habitat for our urban wildlife. There is a concentration of resources in our city. We have abundant water available, grow plants all year, we provide food from trash, compost, plant and tree growth and have ample shelter. Everything animals need to survive is right here and the most adaptable and intelligent animals around have made Denver their homes. There is no "back to the wild" - the wild is here.

If we respect and appreciate wildlife, learn about their needs and habits and incorporate what we know into our lifestyles, we can successfully share the resources of the city. Remember that just like people, animals are trying to live their lives, find food and shelter, and safely raise and teach their young the things they need to know to survive in today's world.

If you have any questions about urban coyotes, please contact Ashley DeLaup, Wildlife Ecologist with Denver Parks and Recreation, at 303-455-0785.

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What's New at Porter Hospital?



Porter Adventist Hospital, where we care for the Health and Wellness of our Community

We offer **FREE** classes in the Porter Conference Center - to register please call **Ask-A-Nurse 303-777-6877**. Ask-A-Nurse is also a fabulous resource for free health information and physician referrals. For more information about all of Porter Hospital events please visit porterhospital.org/events.

Porter's Spine Institute is offering 2 FREE community classes in November – A Back-on-Track class with techniques to reduce back stress and a Don't Take Falls Lightly class, with techniques for balance and exercise.

Back-on-Track class

Learn how to take care of your spine and get past back pain and on with your life. The class covers diagnosing back pain, the anatomy of the spine, common ailments, exercises and helpful resources.

Tuesday, Nov 15, 1pm to 2pm, Porter Hospital Conference Center

Don't Take Falls Lightly class

Are you worried about falling down? Come and find out the statistics on who is falling and what risk factors make you more vulnerable. Also, learn about safety tips and exercises to reduce your risk of falling.

Thursday, Nov 17, 1:30pm to 2:30pm, Porter Place, 1001 E Yale, Denver, CO 80210

Both these classes are presented by David LaValley, MSPT, Porter Spine Institute
To register for these FREE classes call 303-777-6877

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Grow Local Colorado Garden in Harvard Gulch Park Provided Food to the Hungry

Gregg Batchelder-Adams, RHGNA Board, Parks Liaison

Did you notice the vegetable garden in Harvard Gulch Park at the corner of Iliff and South Emerson (near the CSU Extension Service building)? This summer, one of the flower beds in the Park was converted to a vegetable garden, complete with tomatoes, squash, chard, peppers and beets. Grow Local Colorado in partnership with Denver Parks & Recreation and the Parks Stewardship Program has developed this garden, along with 13 other gardens in Denver Parks and at the Governor's Mansion.



Photo by Gregg Batchelder-Adams

The partnership, which started in 2009, provides food to local food banks. The gardens produced over 2,000 pounds of produce for local food banks in 2011. The gardens are planted, maintained and harvested by local volunteers. The garden in Harvard Gulch Park is maintained by the staff at the CSU Extension office and is one of the largest of Grow Local Colorado's 14 gardens. For more information on Grow Local Colorado and information about volunteering, see <http://www.growlocalcolorado.org/>.

Take Symptoms of Seasonal Affective Disorder Seriously

Adapted from www.mayoclinic.com

Seasonal affective disorder (SAD) is a type of depression that occurs at the same time every year. Symptoms may start out mild in the fall and become more severe as the winter progresses, sapping your energy and making you feel moody. Winter-onset seasonal affective disorder symptoms include depression, hopelessness, anxiety, loss of energy, "leaden" feeling in the arms or legs, social withdrawal, oversleeping, loss of interest in activities, appetite changes, craving carbohydrates, weight gain, and difficulty concentrating.

The specific cause of SAD remains unknown. It's likely that genetics, age and your body's natural chemical makeup all play a role. The reduced sunlight in fall and winter may disrupt your body's internal clock, which lets you know when you should sleep or be awake. This may lead to depression. Reduced sunlight can also cause a drop in serotonin, a brain chemical (neurotransmitter) that affects mood. The change in season can disrupt the balance of the natural hormone melatonin, which plays a role in sleep patterns and mood. SAD is diagnosed more often in women than in men, but men may have symptoms that are more severe.

Don't brush off that yearly feeling as simply a case of the "winter blues" that you have to tough out on your own. As with other types of depression, SAD can get worse and lead to problems if it's not treated. Treatment for SAD includes light therapy (phototherapy), psychotherapy and medications. Treatment can help prevent complications, especially if SAD is diagnosed and treated before symptoms get bad. Start by seeing your family doctor or primary care provider or a psychiatrist or psychologist.

It's normal to have some days when you feel down. But if you feel down for days at a time and you can't seem to get motivated to do activities you normally enjoy, see your doctor. This is particularly important if you notice that your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or find yourself turning to alcohol for comfort or relaxation.

RESOURCES

<http://thebodyblues.com/>

<http://www.mayoclinic.com/health/seasonal-affective-disorder/DS00195>



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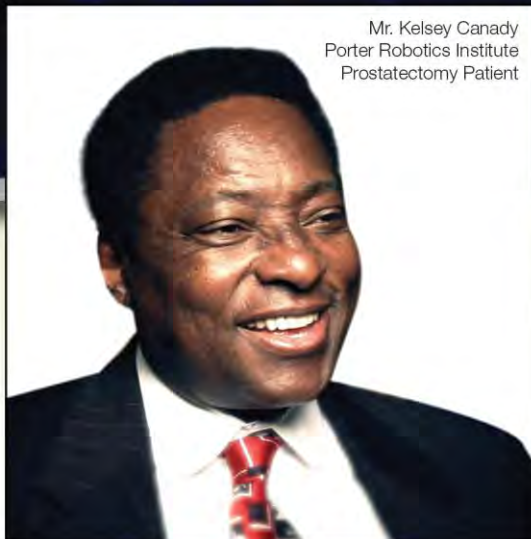
R E A L T Y

Dear Rosedale Neighbors and Friends,

The "Freisinger Team" is offering Rosedale Residents who list their homes with us one **FREE** Cleaning Service, Staging Consulting Service, Virtual Tour, Double Sided High Gloss Brochures, and a \$100 Donation to the Charity of your Choice after closing! This offer is for the Selling Season for 2011!

Eric Freisinger
Rosedale Business Liaison & Lincoln Street Block Captain
Realtor & Broker Associate
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